



ACTIVE CITIZEN
LABORATORY

ANNA LINDH FOUNDATION • AENAO •
ANASPIRIA SIMERA • ANTIGONE • ARSIS
• PRAXIS • UNESCO YOUTH CLUB • UNITED
SOCIETIES OF BALKANS • EPI SKOPON
• PUBLIC BENEFIT ORGANIZATION OF
KAVALA CITY • CLUB SERRES FOR UNESCO

MANUAL ON ACTIVE CITIZENSHIP
BASED ON THE SEMINAR
ACTIVE CITIZENS LABORATORY

ACTIVE CITIZENS

FUNDED BY ANNA LINDH FOUNDATION



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THESSALONIKI 2014
EUROPEAN YOUTH CAPITAL
SUPPORTED BY



active citizens laboratory

Content

The seminar on active citizenship, entitled "ACIL: ActiveCitizensLaboratory", took place in Thessaloniki, at Vergina Hotel, from 15 to 19 September, 2014. The national activity of the Hellenic head of Anna Lindh foundation, which coordinates by Hellenic Culture Foundation and United Societies of Balkans. The seminar has been realized with in collaboration of 12 Greek member organizations that based on North Greece and the "Thessaloniki-European Youth Capital 2014". •

# Anna Lindh Foundation.....	3-5
# Active Citizen Laboratory Presentation.....	6-9
# Aenao.....	10-20
# Anaspiria Simera.....	21-22
# Antigone.....	23-29
# Arsis.....	30-32
# Praxis.....	33
# Unesco Youth Club.....	34-37
# United Societies of Balkans.....	38-40
# Epi Skopon.....	41
# Public Benefit Organization of Kavala City.....	41-42
# Club Serres for Unesco.....	42-43
# Balance and Evaluation.....	44-45



The **Anna Lindh Euro-Mediterranean Foundation for the Dialogue Between Cultures** is a network of civil society organisations dedicated to promoting intercultural dialogue in the Mediterranean region. It was set up in 2005 by the governments of the Euro-Mediterranean Partnership (Euromed), a political agreement made in 1995 between the European Union and Algeria, Morocco, Tunisia, Egypt, Jordan, Lebanon, Palestine, Israel, Syria and Turkey. It is named in honour of Anna Lindh, the Swedish Foreign Minister who was murdered in 2003. The name was put forward by Egypt at a meeting 25 September 2003. The Foundation's headquarters are in Alexandria in Egypt. The Anna Lindh Foundation facilitates and supports the action of civil society of the Euro-Mediterranean Region in priority fields which affects the capacity for individuals and groups to share values and live together. The Foundation's programme is focused on activities in fields which are essential for human and social dialogue: Education and Youth; Culture and Arts; Peace and Co-existence; Values, Religion and Spirituality; Cities and Migration; Media. Mediterranean, whose Heads of State and Government were co-signatories of the Paris Declaration for the Mediterranean, are: Albania, Algeria, Austria, Belgium, Bosnia and Herzegovina, Bulgaria, Croatia, Cyprus, the Czech Republic, Denmark, Egypt, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Israel, Italy, Jordan, Latvia, Lebanon, Lithuania, Luxemburg, Malta, Mauritania, Monaco, Montenegro, Morocco, Palestine, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, The Netherlands, Tunisia, Turkey, and the United Kingdom. ●

See more at
www.annalindhfoundation.org

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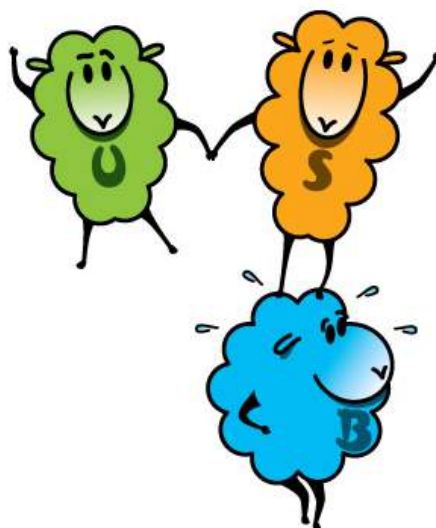
Greek Heads

The Hellenic Foundation for Culture has been appointed and re-elected by members of the Greek national network as the Head of Network since the inception of the ALF. Since 2013, "The United Societies of Balkans" has been introduced as co-head.



The Hellenic Foundation for Culture seeks to promote Greek culture and to disseminate Greek language throughout the world. Since its foundation in 1992, the Hellenic Foundation for Culture has created Branches in Odessa, Alexandria and Berlin, and there are Offices of Representatives in London, Moscow, Vienna, Brussels, Washington and Beijing. In 2008, it is planned to found Hellenic Houses of Culture in Trieste, Belgrade, Bucharest, Tirana and

Sofia. The Foundation offers lessons in the Greek language, organizes cultural events, publishes books and has public libraries in the Branches.



The United Societies of Balkans is a Non Governmental Organisation, founded in Thessaloniki in

2008 by a team of active young people, socially sensitized, and with rich experience around voluntary programs. The vision was the promotion of youth mobility, youth involvement in volunteering and their further sensitizing around social issues. •



See more about The Hellenic Foundation for Culture at
www.hfc.gr/wmt/webpages/index.php?lid=2



anna lindh foundation

Project Philosophy

The reality of modern man, who lives in an ever-changing daily, with needs and data to keep changing, require activation and mobilization of citizen itself as the center of all changes. Unfortunately passive attitude that some choose, and the possible absence of stable "believe" or good standards, leading to the sideline, the alienation, the adoption of conservative attitudes and ideas, manipulating and maintaining a sustainable economic and social crisis. Answer to this is the holistic approach to the creation of an active citizen. That person who knows the rights, will be sensitive to the general situation and will want to mobilize the cooperation of other

people in order to improve the conditions and quality of life, in terms of public or private life. The citizen will be able to inspire the attitude of others, even in remote areas, thus creating a social movement.

The Hellenic Head of Anna Lindh Foundation has decided this year to organize under the frame of "Thessaloniki-European Youth Capital 2014", a seminar with the support of members of the network that are active in Thessaloniki or to North Greece. Within the five-day educational activity, each agency will implement activities of formal and non-formal learning on various topics such as the environment and healthy lifestyles,

xenophobia, racism and human rights, civil rights, civil society and action through this etc. through these activities, participants will have the opportunity to raise awareness on the theme, to gain knowledge and skills, to reflect and to change attitudes and behaviors in society. ●

***Human rights
are praised
more than ever
- and violated
as much as
ever.***

Anna Lindh

active citizens laboratory

Program & team

The coordinator and the trainers

The seminar has been coordinate by United Societies of Balkans, as Head of Hellenic Anna Lindh Foundation. During several skype meetings and contacts that started in March 2014 until September 2014, the coordinator requite a team of members that are located either in Thessaloniki, either in North Greece in order to come out with the educational programme of the five days of the seminar, the flow of the plan, the profile of the participants and other details. The all process had as mile stones, the equal invlovmnt of all the members, the transparency and the maximilize the impact.

The participants

There were 17 participants between 18 – 35 years old, who lives in Thessaloniki. They volunteers of stuff of the organizations/members of the ALF network with strong interest on the topic and the obligation to become multipliers of the outcomes to their organizations. There was an open call throught social media and press release with the collaboration of all members of the network and we received more than 130 applications. Before the seminar they were met eachother through social media and they had the chance to introduce their organizations and their background.

Regional exchange can be a source of growth and development, and of enhancing good governance.

Anna Lindh



anna lindh foundation

Daily Program

	1 st day Monday 15/09	2 nd day Tuesday 16/09	3 rd day Wednesday 17/09	4 th day Thursday 18/09	5 th Day Friday 19/09
10.00-13.30	Welcome, name games, group building. Environment and Voluntarism	Racism and Xenophobia	Human Rights	Civil Rights	Self-organize, involve, unite powers, networking to a civil democracy
13.30-15.00	Light meal				
15.00-18.00	Environment and Voluntarism	Racism and Xenophobia Games in the night	Voluntarism and youth mobility	Civil Rights Visit to European Youth Capital 2014	Self organize, involve, unite powers, networking to a civil democracy. Presentation of other members of the network
	Organization in charge AENAO	Organizations in charge Antigone and Disability Today (Anapiria simera)	Organizations in charge «Arsis and Praxis»	Organization in charge "UNESCO youth club"	Organization in charge U.S.B.

Terrorism can never be accepted. We must fight it together, with methods that do not compromise our respect for the rule of law and human rights, or are used as an excuse for others to do so.

Anna Lindh

Interview



Aristodimos Paraschou, USB president and project manager
United Societies of Balkans to escape of the passive
 well known by the acronyms way of living and thinking.
U.S.B. is trying to do what Since 2008 we have sent
 the USB cable is doing, to more than 500 Greeks to
 connect all the people, to international mobility projects
 build a path, a bridge of and we have host 2270.
 communication, to break the The projects are realized
 stereotypes and prejudices in different places of North
 among Balkan countries and Greece, out of the urban
 Europe. To reinforce the centers, in order to present
 mobility and the dialogue the real life of Greece, to
 between youth, to give show that Greece is not
 space and time to them two-three well know touristic
 to realize their ideas and places and to bring young

people from other countries,
 close to young people from
 rural areas, to meet each
 other, to exchange ideas
 and to inspire them to take
 part to mobility programs.
 The projects are always
 funded through European
 and international funds
 and we never receive
 fees from our members,
 especially at that period
 of social and economical
 crisis. We have create
 several documentaries
 such as about LGBT rights
 in Balkans, minorities in
 Balkans, the life of EVS,
 Charming Europe and a
 few booklets as well for the
 above documentaries and
 also about web radio. One
 of the main activities of the
 office with sustainability is
 the web radio, television and

The networks should be like rivers, to flow all the time, to bring more ideas and feeling on the serf.

magazine. This project has title "Balkan Hot Spot" and is working with the support of our local volunteers and mainly with the support of our international volunteers who are coming through the European program European Voluntary Service.

U.S.B. is part of several networks and is part of ALF

network since 2009. We believe in the philosophy of the foundation and last year we had the honor to become co-head of the Hellenic network. As we believe on youth and on our motto "unite actions for a better future", we present to the Hellenic network a strategic plan in order thought the collaboration of all to realize a common seminar base on non formal

education on the capacity building of our members.

Our part in the seminar was the rup up of all the knowledge, attitudes and skills the participants gain through the first four days, how to implement these in their daily life, how the civil society works and what is next.

The networks should be like rivers, to flow all the time, to bring more ideas and feeling on the serf. If are stable without move, they turn to lakes, swamps and after they dry. I really hope with long process and the seminar, the network will adapt it as good practice and next year we will have more rivers around of Greece. ●

AENAO'S ACTIVITIES BASED ON A NON-FORMAL LEARNING METHODOLOGY

CHRISTIAN CIBBA

The first seminary of ACIL was about "Environment and Volunteerism" and has been held by AENAO, a NGO expert in no-formal learning methodology. The organization, established in Thessaloniki in 2006 by a group of scientists-volunteers, aims to promote health on its wide sense, exploring the health topics and focusing about mental, psychological and cognitive processes. In order to know all the activities of the organization we had an interview with Catherine Amoutzia, AENAO's President.

"We run lots of projects at different levels – Amoutzia says – local projects, national projects and international projects included in the Youth in Action Program and in the Lifelong Learning Program (now both included in the Erasmus Plus Program). We are 6-7 members at "the first line" and we have around a hundred of volunteers, even if not all of them are active in all the projects. All of us – underlines Amoutzia – work in a volunteer base, nobody is paid". All the projects, as Amoutzia

explained us, come from the base, from the youth and then organization focus the objectives and applies for the funds."

The three most important and successful projects AENAO has run, according to Amoutzia, are "Addicted to life", "Crash Test Revised" and "Captain Cook". "Addicted to life" was aimed to raise awareness about the health risks associated with smoking, especially among the youth. It run from 2007 to 2009 and it received an award from the Pedagogical Institute

of Greece. Moreover In the next future AENAO the educational manual is going to run other two that was produced has important projects, that been recommended for already received funds, the school curriculum. one concerning the others "Crash Test Revised" organizations. concerned about conflict "Is very important to create management and received networks – Amoutzia a place in "the best press says – both locals and convivium" produced by internationals in order the European Commission. to avoid to duplicate our efforts. For this reason we "Captain Cook" was a are under the umbrella of youth exchange regarding Anna Lindh Foundation Mediterranean food and and we are running some healthy life style, with projects together such 39 participants from six as the Active Citizenship countries, and it also Laboratory". • received an award from the Youth in Action Program.

Find more information
about AENAO's activities
www.aenao.org



aenao ngo

Educational Tool Template

Aim(s)	Training on the importance of our daily habits as a basis for a better environment in the context of Anna Lindh Foundation Programme.
Target group and number of participants	17 Citizens of Thessaloniki, Greece
Objectives	Becoming familiar with non- formal education and experiential learning techniques for the better understanding of Environment, Volunteerism, 3R (Reduce- Reuse – Recycle).
Methods and timetable	<p>Morning (10.00-14.00) Name games, energisers, brainstorming.</p> <p>Evening (15.00-18.30) Team work, artistic creation, exploring a small area in the city of Thessaloniki.</p>
Outcomes	Team building, gaining basic knowledge and “tips” about the environment in regards to active citizenship and volunteerism, application of 3R in the area around the hotel.
Evaluation	By USB-NGO
Materials needed and space required	<p>Ppt’s, video’s, flipchart, markers, newspapers, post-it, labels, ball, bottles, posters.</p> <p>Most of the activities were held in the room of Hotel Vergina, there was one outdoor activity where participants “explored” the area around the hotel focusing on 3R, and made suggestions.</p>

By now we knew that the blue bin placed aluminum, tin, plastic, glass and paper packaging. But what if the glass is broken or paper dirty? Read what we do right when we throw our garbage in the blue bins.

As the recycling of household waste taken important steps and more and more willing to participate in the effort to reduce the volume of trash, is very important to avoid some errors, which may instead be solve, create problems. We have collected 15 "strange materials" seem appropriate for recycling, but it is not.

1. Broken glass. Glass packaging is recycled, but the broken glass not. The reason is that as the sorting centers usually done by hand, there is a serious risk of injury to workers. This

means that if you break a glass or a bottle, do not throw in the blue bins, but in common.

2. Boxes of pizza, fast food packaging. Pizza boxes are cardboard, so you may think that it is recyclable. But when the fly is full of oils and fats. Indeed, as you try to clean, it does not entirely, as always remain residues, while the board itself seems to have been "watered". Therefore, not only recycled, but a problem in the separation process (formed a dirty mass). The same make and fast food packaging.

3. Bags biodegradable or photodegradable. They look like simple plastic

bags, but not the same. While neutral plastic bags can be recycled and made plastic film, biodegradable or photodegradable, available mainly from the supermarket, have an expiry date and a

location and then begin to disintegrate. Therefore, not recycled. Also, there is the case of the decomposition process to begin while they are in the blue bins or recycling sorting center, creating many tiny pieces, contributing to a pulp waste, which makes it difficult to recycle.

4. Shred paper. The system of blue bins can not manage pieces of paper, which is smaller than an A4 page. This means that torn pages, tickets and other papers should not be thrown in the blue bins, why create a paper scum that makes the whole process more time consuming.

5. Wet or soiled paper. Soiled napkins or oiled paper pieces not only recycled, but disable the remaining recyclable materials. Not suitable for recycling is the wet paper, even when

dry, because the fibers of the paper “gather” when wet. The blue bins is good not to throw paper towels and toilet paper, even if it is clean.

6. Materials clay. Several household items are ceramics, ie from baked clay, as the old cups of coffee, which replace. They should not be thrown in the blue bin, because recycling is not at all easy.

7. Foams and styrofoam. Both are highly flammable materials, as they can catch fire at any stage of the process of recycling. Therefore, dropping them in the blue bins creates problems.

8. Containers of toxic materials. Plastic or metal containers, containing oils, antifreeze, pesticides, etc., should anything be thrown in the blue bins, because residues of toxic hardly removed.

9. Disks CD, DVD and videotapes.

Although manufactured primarily of aluminum, digital discs or our old videotapes contain many impurities, making it impossible for immediate recycling. The same applies to cassettes (those left), since, apart from the plastic housing, containing both the tape, which is not recycled. If you want to recycle, you need to send in SA Recycling, Industrial Area Komotini (T / 25310-58100), or can deliver the company Eurosun (Ktiro SANYO, 12th km. National Road Athens - Lamia, Metamorfosi).

10. Straws and plastic cutlery. Although plastic, these disposable materials not easily recycled by the recycling systems.

11. Plastic furniture. The blue recycling bins are not suitable for plastic furniture, except for

packaging materials. The bulky plastic, which often contain other materials should be directed to the centers of concentration of bulky objects must have in each municipality.

12. Wire hangers. Most have plastic parts resulting in a risk of mixing the two materials. In order not to complicate the recycling process, either separate the wire from the plastic or add them to common trash bins.

13. Calling Cards. Not considered packaging so it should not be placed in the blue bins. Besides, the cost of recycling is higher than the cost of production, so the only solution is to reuse (eg decoration materials and toys).

14. Covers from plastic bottles. While the plastic bottles are recyclable base material, the caps are

recycled in different ways. **Source**

So you have to remove them and throw separately in blue bins.
Greek Society for the Development of Recycling
www.hero.org

15. Boxes juice. There are some juice boxes that are not recycled because of a combination of plastic and cardboard. Before you throw in the blue bin, we need to check whether bear the specific marking for recycling.

We do not forget.

1. To separate daily packaging from other waste.
2. To completely empty packaging from residues and, if necessary, wash them.
3. Fold / compress cartons.
4. Do not throw in the bin packing materials in tied bags, but add bulk.
5. Never throw normal trash in blue recycling bins.
6. Close the bins to protect the recyclables from the rain.



aenao ngo

Ecological Footprint Questionnaire

HOUSING

How many people live in your household?

1 30points 2 25points 3 20points 4 15points 5 or > 10points

1

How is your house heated?

2 Natural Gas 30 points
Electricity 40 points
Oil 50 points
Renewable energy (e.g. solar, wind, etc) 10 points

How many individual taps (in your kitchen, bathroom, outside) and toilets do you have in your house?

<3 5points 3-5 10points 6-8 15points 8-10 20points >10 10points

3

4 What type of home do you live in?

Apartment/Flat 20points
House 40points

FOOD

How many meals per week do you eat meat or fish?

0 0points 1-3 10points 4-6 20points 7-10 30points >10 50points

5

6

How many meals do you eat per week prepared by fresh ingredients (not ready meals or frozen pizzas?)

<10 25points 10-14 20points 14-18 15points >18 10points

When purchasing your food items, does your family try to buy locally produced goods?

Yes 25 points No 125 points Sometimes 50 points
Rarely 100points Don't Know 75 points

7

TRANSPORTATION

Does your family own a car, what type of car is it?

Motorcycle 15 points
Small Compact 35 points
Mid-Sized 60 points
Large 75points
Sports, 4X4, mini van 100 points
Pick-up truck or full size van 130 points

8

9

How do you get to school or work?

Car 50 points Public Transportation 25 points School Bus 20 points
Walk, Bicycle, rollerblade, skateboard 0 points



Where did you go on holiday within the last year?

No Vacation 0 points
Own country, own region 10 points
Own country, different region 30 points
International 40points
Intercontinental 70 points

10

11 **How many weekend trips peryear do you take by car or plane?**
0 0points 1-3 10points 4-6 20points 7-9 30points > 9 40points

PURCHASES

How many large purchases (stereo, TV, computer, car, etc) has your household made in the last year?
1-3 15points 4-6 30points > 6 45 points

12

13 **Have you bought any energy- efficient products the past year instead of non-energy –efficient (e.g. fridges)?**
Yes 0 points **No** 25 points

WASTE

Do you try to reduce the amount of waste you generate (e.g. buying food in bulk, refusing junk mail/flyers, etc)?
Always 0 points **Sometimes** 10 points
Rarely 20points **Never** 30 points

14

15 **Does your household compost?**
Always 0 points **Sometimes** 10 points
Rarely 15points **Never** 20 points

Does your household recycle paper, cans, bottles, etc?
Always 0 points **Sometimes** 10 points
Rarely 15points **Never** 20 points

16

17 **How many rubbish bags of waste do you fill each week?**
One half- full garbage bag 5 points
1 10 points **2** 20 points **>2** 30 points

SCORE

If your score is

- **Less than 150** your ecological footprint is smaller than 4 hectares
- **150-350**, your ecological footprint is between 4.0- 6.0 hectares
- **350-550**, your ecological footprint is between 6.0- 7.8 hectares
- **550-750**, your ecological footprint is between 7.8-10 hectares
- **More than 750**, your ecological footprint is greater than 10 hectares

Only 2.1 hectares per person are available on earth!!!



aenao ngo

Tips in Everyday Life

TURN OFF the water when you are brushing your teeth

TURN OFF the water when you are soaping up your hands

AVOID Paper Towels –use hand dryers or clothe towels

Take **SHORTER** showers

AVOID Baths

DONATE Old Clothes

Dress for the season – **DO NOT OVERHEAT** your home

ONLY do laundry when you have to

Print **LESS**

TURN OFF your laptop when not using it

Use Energy **EFFICIENT** light bulbs

RECYCLE old appliances

Ride your **BIKE**

Ride the **BUS** or **CARPOOL**

Use **REUSABLE** grocery bags

BUY LESS packaging and more food

BRING A MUG, cup or bottle with you

Grow a small **GARDEN**

RECYCLE as much as possible

COMPOST

ONLY WASH full loads

FIX all leaks

aenao ngo

Solid Waste Management Program

Solid Waste Management Program

- **The Three R's: Reduce, Reuse and Recycle**
- Tips on reducing waste and conserving resources.
The three R's - reduce, reuse and recycle - all help to cut down on the amount of waste we throw away. They conserve natural resources, landfill space and energy.

REDUCE

- **The best way to manage waste is to not produce it. This can be done by shopping carefully and being aware of a few guidelines:**
- Buy products in bulk. Larger, economy-size products or ones in concentrated form use less packaging and usually cost less per ounce.
- Avoid over-packaged goods, especially ones packed with several materials such as foil, paper, and plastic. They are difficult to recycle, plus you pay more for the package.

REDUCE

- Avoid disposable goods, such as paper plates, cups, napkins, razors, and lighters. Throwaways contribute to the problem, and cost more because they must be replaced again and again.
- Buy durable goods - ones that are well-built or that carry good warranties. They will last longer, save money in the long run and save landfill space.
- At work, make two-sided copies when ever possible.

REDUCE

- Maintain central files rather than using several files for individuals.
- Use electronic mail or main bulletin board.
- Remove your name from the mailing lists of materials you no longer want to receive

REDUCE

- Use cloth napkins instead of paper napkins.
- Use a dish cloth instead of paper towels.

REUSE

- **It makes economic and environmental sense to reuse products. Sometimes it takes creativity:**
- Reuse products for the same purpose. Save paper and plastic bags, and repair broken appliances, furniture and toys.

REUSE

- Reuse products in different ways. Use a coffee can to pack a lunch; use plastic microwave dinner trays as picnic dishes.
- Sell old clothes, appliances, toys, and furniture in garage sales or ads, or donate them to charities.

REUSE

- Use resalable containers rather than plastic wrap.
- Use a ceramic coffee mug instead of paper cups.
- Reuse grocery bags or bring your own cloth bags to the store. Do not take a bag from the store unless you need one.

RECYCLE

- **Recycling is a series of steps that takes a used material and processes, remanufactures, and sells it as a new product.**

RECYCLE

- Buy products made from recycled material. Look for the recycling symbol or ask store managers or salesmen. The recycling symbol means one of two things - either the product is made of recycled material, or the item can be recycled. For instance, many plastic containers have a recycling symbol with a numbered code that identifies what type of plastic resin it is made from. However, just because the container has this code does not mean it can be easily recycled locally.

RECYCLE

- Check collection centers and curbside pickup services to see what they accept, and begin collecting those materials. These can include metal cans, newspapers, paper products, glass, plastics and oil.
- Consider purchasing recycled materials at work when purchasing material for office supply, office equipment or manufacturing

RECYCLE

- Speak to store managers and ask for products and packaging that help cut down on waste, such as recycled products and products that are not over packaged.
- Buy products made from material that is collected for recycling in your community.
- Use recycled paper for letterhead, copier paper and newsletters.

active citizens laboratory

Anspira Simera

ANAPIRIA SIMERA AND ITS WORKSHOP

Tommaso Sartori

Anapiria Simera means its President "Disability today" and this is Fotis organization defends the Mpimpasis. rights of people with any It organized kind of disability. It's a a series of non-governmental and information non-profit organization activities that and collaborates with many are related to different associations, awareness for example "Union for of issues of

the rights of pedestrian". disability. Their goals are more than 100.000 Disability today is an also include organized people with mobility organization with members voluntary and constructive problems and, because that are either derived from intervention to relevant of the conditions of the various kind of disability persons and institutions. roads and sidewalks and but especially people with This organization has as other architectural barriers, visual, motor and physical main mission to fight against they face difficulties to disabilities."Disability today" the inequality and disparity access and to move in was officially founded to people with disabilities the urban spaces of the in 2008 by a group of and also against any kind of city. The organization took University's student and racism. In Thessaloniki there part in many actions in



these years, cooperating also very often with the Municipality of Thessaloniki. One of the most important activities that Anapiria Simera joined is "Thessaloniki 2014 youth capital".

Anapiria Simera cooperates also with other non-profit organizations, like Unesco Youth and Antigone and other associations' members of the network of the all the volunteers of Thessaloniki,



ThessDIKTYO.

On Tuesday Anapiria Simera organized its workshop at Vergina Hotel.

The workshop tried to make people understand how a blind person interacts at his daily routine holding the "White cane", the stick international symbol of blindness and wearing a mask. The participants experimented to live what

blind people face everyday. They also tried to be companion of a blind person and Mr. Mpimpasi gave them suggestion to help blind people when they met them in the urban spaces of the city. The workshops finished with a discussion about the awareness of the citizenship.

After that we asked to Mr. Mpimpasi if the Greek institutions are doing enough for people with disabilities. He thinks that they are trying to solve some questions but he invites mayors and governors across the country to enter the position of those who face mobility problems, vision or hearing, to make changes and facilities that will make Greek cities friendly to people with disabilities. Mr. Mpimpasi also told us about the willing of the citizens to help people with disabilities but the

problem is that sometimes they don't know how to do and for this reason the organization tries to inform and popularize the argument. Indeed the cooperation between the local authorities and associations of disabled people is very important to make every city and every neighborhood human for the disabled. •

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Antigone

FOR A BETTER WORLD

Ricardo Lima



Antigone is a non-profit organization started in 1993. Its full name has the key to understand what it does: Information and Documentation Center on Racism, Ecology, Peace and Non Violence.

Located in Thessaloniki, Antigone promotes non formal education activities mainly with the participation of children, teenagers and students, but also adults. Their goal is to achieve safe equal opportunities for all social groups no matter their origin, religion,

sexual orientation, color, etc. How? They give some vocation trainee to help people find an employer. An example of that is helping them with the Curriculum Vitae. Parallel, Antigone organizes and participates in festivals, conferences and discussions, some of them co-organized with other institutions. Antigone identifies "who are the excluded groups and how to deal with it. How to stop this exclusion of groups with different characteristics", explains Athanasia Telliou, the project officer. Participants have to express their feelings, they talk about their sentiments

in different situations, sometimes tabu questions. Patrizia Deiala works as project officer in Antigone. She started as a volunteer while she was attending university in Italy. She enrolled a Master on management of Non profit Organizations and she started working for a small NGO in her country. This small NGO is a partner of Antigone, so when she decided to move to Greece, she had a chance to join Antigone project. At ACIL, they worked on the identity of participants trying to understand which features can be a reason of stereotypes and exclusion.

Then they worked using theatre on a real fact of racism, they analyzed the feelings of the participants about it and they tried to find new solutions to the problem. Every wednesday the organization promotes “Artability”, a laboratory on Arts in Contemporary Art Museum. There, people with disability acquire skills as individuals, as artists and as members of an equal community. In winter, Antigone heads to schools to run workshops about human rights. The organization has no registered members, but has a lot of groups and about one hundred volunteers today. •

Find more information about ANTIGONE’s activities

www.antigone.gr/en



antigone

Educational Tool Template

Title + date + time + session developed by

Title of the workshop "Racism and Social Exclusion", 16.09.14, 10.00-16.00, session of 4 activities developed by ANTIGONE-Information and Documentation Centre on Racism, Ecology, Peace and Non Violence

Aim(s)

Activity 1: My identity

To conceive the meaning of discrimination based on personal or social identity.

Target group and number of participants

Young people of Thessaloniki, 16 participants.

Objectives

To introduce oneself to the group, to indicate identity attributes that one feels free to state in public or not, to indicate identity attributes for which a person can be stigmatised and the reasons why this can happen, to see how social identity is built.

Methods and timetable

Part 1: 20-25 minutes Participants are given an "identity card" that they are asked to complete. The identity attributes for completion are: name, surname, place of origin, gender, religious beliefs, profession, social / economic situation etc.

Following, participants who want, present themselves to the group

Part 2 30-35 minutes: Discussion in plenary with the coordination of the trainer on what makes personal and social identity.

Outcomes

Participants exchanged views about whether a person could be discriminated based on his/her identity attributes. With the contribution of the trainer, they pointed out the cases that could be considered discrimination and racism based on origin, sex, sexual orientation, language, color, political or religious beliefs etc. In the group the meaning of personal and social identity was built.

Evaluation

General evaluation of the workshop took place after the completion of all ANTIGONE 's activities.

Materials needed and space required

Identity cards for the participants, pens. Space enough for circle conversation

Appendices

Understanding youth Exploring Identity and its Role in International Youth Work, SALTO-YOUTH Cultural Diversity Research Centre.

Title + date + time + session developed by	Title of the workshop "Racism and Social Exclusion", 16.09.14, 10.00-16.00, session of 4 activities developed by ANTIGONE-Information and Documentation Centre on Racism, Ecology, Peace and Non Violence
Aim(s)	<p>Activity 2: Identity "iceberg"</p> <p>To realise the complexity of every person's identity and so conceive the absurd of racism.</p>
Target group and number of participants	Young people of Thessaloniki, 16 participants.
Objectives	To combine obvious, less obvious and not obvious characteristics of a person that build his/her identity. To speak about personal stereotypes. To discuss on the various forms of racism (sources steaming from, sources expressing it), to discuss ways to combat it on personal, social and political level.
Methods and timetable	<p>Part 1 20-25 minutes: Participants are asked to work in groups to build and identity "iceberg". Above the surface of the sea, they are asked to put characteristics easy to see by the first sight. Close to the surface of the sea characteristics one can or cannot see according to the circumstance and below the surface of the sea, characteristics that is impossible to indicate when one first sees a person.</p> <p>Part 2 30-35 minutes: Presentation of groups ` work, discussion on the complexity and interrelation of characteristics that build one's identity.</p>
Outcomes	Participants saw how the personal attributes are linked together and how, even if belonging in various common social groups, personalities remain unique. Discussion run in plenary on the interrelation of attributes based on which a person can be discriminated and excluded (such as skin colour, place of origin, language etc.). The group discussed on the reasons and the solutions for such phenomena.
Evaluation	General evaluation of the workshop took place after the completion of all ANTIGONE `s activities.
Materials needed and space required	Big papers, markers, space enough for circle conversation
Appendices	Understanding youth Exploring Identity and its Role in International Youth Work, SALTO-YOUTH Cultural Diversity Research Centre.

Title + date + time + session developed by	Title of the workshop "Racism and Social Exclusion", 16.09.14, 10.00-16.00, session of 4 activities developed by ANTIGONE-Information and Documentation Centre on Racism, Ecology, Peace and Non Violence
Aim(s)	Activity 3: How would you react? To express one's feelings and think of ways to act against racism.
Target group and number of participants	Young people of Thessaloniki, 16 participants.
Objectives	To express one's feelings about a racist incidents using "emotional cards", to come up with ideas for solution of this -and such- phenomena through the participation in a role play activity.
Methods and timetable	Part 1 20 minutes: Participants are given a written story of a real racist incident that took place in a school in Italy between a teacher who expressed racist against a black student of the class. After having read the story, everyone in the circle picks one emotional card that the coordination has prepared and expressed his/her first feeling about the incident. Apart from the various emotion cards, the coordinator has also prepared a card with a questionnaire on it, in case the participants want to express a feeling that is not included in the card. Part 2 60 minutes: Participants are asked to work in groups to act out the continuation of their stories. When they are ready, they present their stories in the group with the coordinator keeping notes. In the group discussion that follows, they speak about the solutions given during the play, and other solutions participants may think of.
Outcomes	Participants shared their feelings and views. They also exchanged experiences on relevant incidents in Greece and in Thessaloniki. They came up with ideas of taking action through the plays they prepared in smaller groups.
Evaluation	General evaluation of the workshop took place after the completion of all ANTIGONE's activities.
Materials needed and space required	Photocopies of the story, cards with emotions, space for the groups to prepare and act out their plays, space for circle discussion.
Appendices	Students taking action against racism Toolkit, a project of Abbotsford Community Services

Title + date + time + session developed by

Title of the workshop "Racism and Social Exclusion", 16.09.14, 10.00-16.00, session of 4 activities developed by ANTIGONE-Information and Documentation Centre on Racism, Ecology, Peace and Non Violence

Aim(s)

Activity 4: Youth taking action against racism in Thessaloniki To come up and present youth ideas on awareness raising and mobilising youth of Thessaloniki against racism.

Target group and number of participants

Young people of Thessaloniki, 16 participants.

Objectives

To come up with and exchange creative ideas and views on awareness raising. To present these ideas in plenary in an attractive way so as to be voted for realisation.

Methods and timetable

Part 1 40 minutes: Participants are given instructions and work in groups to form and present their ideas.

Part 2 40 minutes: Groups present their ideas. Participants discuss about the ideas in plenary. Ideas are put on the wall and participants vote for the most creative one.

Outcomes

3 ideas were presented. The one voted included awareness raising of youth in Aristotelous square and realisation of events such as flash mobs, community theatre.

Evaluation

General evaluation of the workshop took place after the completion of all ANTIGONE 's activities.

Materials needed and space required

Material for groups ` presentation (cardboard, markers etc.), stickers for voting.

Appendices

TC Image Building for Inclusion Groups SALTO-YOUTH Inclusion Research Centre.

EVALUATION

Coordinators had prepared a big paper with some islands, each having different names such as "satisfactory", "interesting", "creative", "indifferent", "boring" and others. Participants were asked to pass by the paper and put their own boat close to the island that represented the feeling the workshop left them. If they wanted, they could also create their own island, name it accordingly and put their boat there.



active citizens laboratory

ARSIS & Praxis

ASSOCIATION FOR THE SOCIAL SUPPORT OF YOUTH

Alejandro Robles



ARSIS, ASSOCIATION FOR THE SOCIAL SUPPORT OF YOUTH

ARSIS (Association for the Social Support of Youth) is a Non Governmental Organization which was established in 1992 and since then it operates in Athens, Thessaloniki, Volos, Alexandroupoli, Kozani and Tirana. This development has been possible due to the cooperation of its members, volunteers and young people.

The association vision is a society of equal opportunities for all young individuals,

and it specializes in the social support of youth who are in difficulty or danger and in the advocacy of their rights. Furthermore, ARSIS aims the prevention of youth marginalization, the elaboration of policies which defend youth rights and the active social support towards disadvantaged young people.

They offer different services such as Youth Support Centre, shelters, intervention in penitentiary system, action

against trafficking, Human Rights in education, support of vulnerable Social Groups, and legal service «Sym-Parastasi», among many other. In addition, ARSIS provides psycho-social support, preparation for employment, legal support, educational support, temporary housing and food services and social and recreational mobilization. Otherwise, they cooperate with Terre des Hommes International Federation in a



campaign called Destination Unknown which is an international campaign to protect children on the move. His major challenge is basically children on the move have the right

to move as well as being protected, based on their best interest and on their views, independently of their migration status, gender, age, health, nationality, religious or cultural belongings.

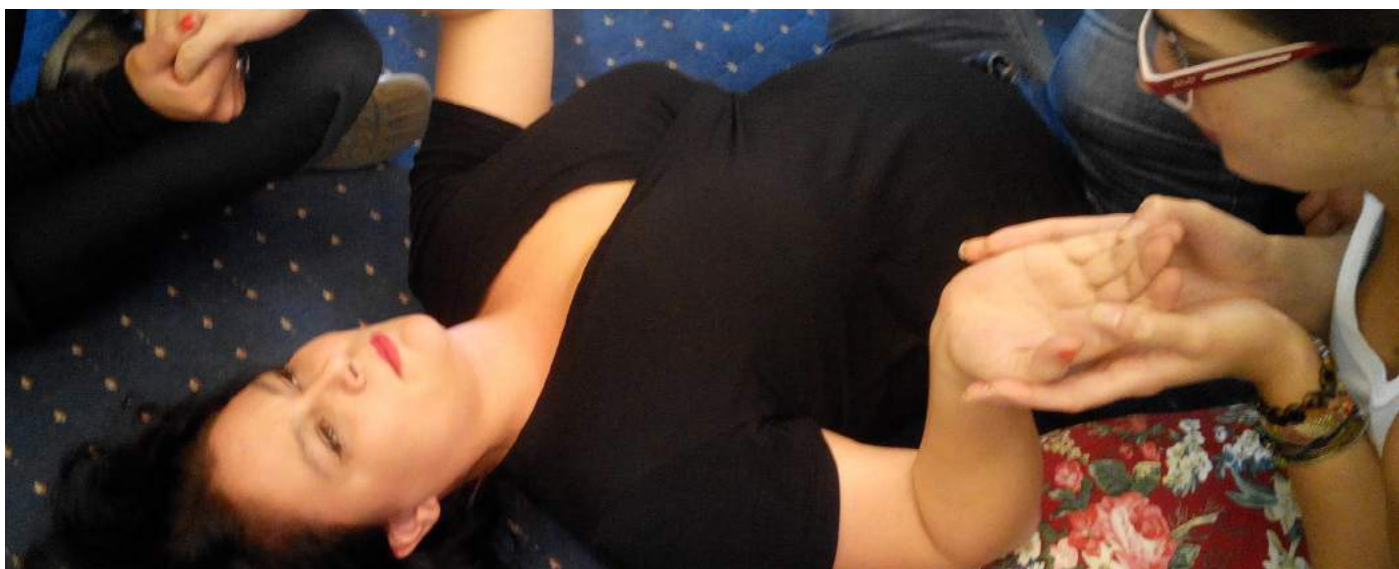
Moreover, ARSIS work in Greece with partnerships like National Anti-Poverty

Network, Collaboration Network for the Support of Youth, Network for Accompanied Supporting Services and National Organization Working for the Homeless.

Some others networks in Europe are European Federation of Non Governmental Organisations working for and with the Homeless, European Anti-Poverty Network, European Offender Employment Forum and DYNAMO International. •

Find more information about ARSIS's activities

www.arsis.gr



THE PRAXIS FOUNDATION, MAKING ACTIONS AND ACTIVITIES FOR YOUNG PEOPLE SINCE 1995

Aurora Real



Praxis Foundation is a non-governmental foundation, founded in 1995 by a group of young people who wanted to do some actions and some activities for young people. The organization had hundreds of members during his history, and today, one hundred of members are running on a different actions.

We met with Anna Alevra, spokeswoman of the Praxis Foundation, a journalist and a volunteer of the organization. She explains us that the base of the group, "is to do an important actions and activities for the young people", evolving

human rights, xenophobia, social problems,... raising awareness the teenagers to have a better society, respecting another cultures, and at the end, making a social life better for all of us.

The goal of the Praxis Foundation is change their lifes in a better way and every day "from small things 'till big". They grow up parallel of European youth polices, and they're working and cooperate with organizations, local, national, and international, and making promoting campaigns via mass media and social media.

Anna explains the association want to arrive to more young people, and they're an open group who accept new ideas and new projects for young people to change their life in a better way. •

Find more information
about PRAXIS
FOUNDATION

www.praxisgreece.com

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Unesco Youth Club

Elisa Jacob

UNESCO Youth Club, a NGO was founded 2004 which works on youth field. In the last 6 years the organisation has supported and organised a lot of activities for culture, education, and against discrimination. The organisation was active in the "Youth", "Youth in Action". They are mostly working in north Greece but also in other Balkan countries.

During last 10 years, they focused their activities on three topics : youth exchanges which was funded by Erasmus +, formerly Youth in Action programme, organising seminars and training courses on local level in frame of

UNESCO and promoting entrepreneurship.

Every year they focus on a different specific topic to make seminar and training courses about or to attend projects. This year they focus on active citizenship.

They run their NGO only on self-funding, UNESCO doesn't provide them any financial benefits. They are funding themselves with membership fees and European Commission funds. The people who work for them are only volunteers. Even their logo is designed by their volunteers and they are involving everyone to take part in NGO. But apart from financial benefits UNESCO

provide them their brand name and it makes their business easy accepted. They both agree on their best activity is UNESCO Youth Club was appointed as regional information office of United Nations in Brussels in 2010/2011, which means being official promoter in Greece for international youth year. They consider it as a great honour but at the same time as a great responsibility. They translated and edited official brochure of United Nations for this event and it is published on UN's website. During this year they had been invited to so many seminars, so many school and many

events organised by other organisations. In order to promote international youth year. They even invited representatives of UN to Greece and they got so positives replies from them which even they didn't expect. They organised visits in Athens and Thessaloniki, they visited schools, other organisation, public bodies and embassies, etc... They still remember it vividly and with these events they gained a big recognition. This year one of their priorities is active citizenship and they were totally pleased to be part of this project and they had a big preparation phase before this project. They even went to university of Macedonia in order to get some information to make seminar in more interactive way from professors over there.

The association defined active citizenship as being engaged, being in solidarity with community more than knowing their rights and responsibilities and also as a matter of knowledge. They told us that they'll continue to attend projects which is related with active citizenship because of their annual focus topic is active citizenship. •



Find more information
about UNESCO YOUTH
CLUB
www.unescoyouth.gr

thessaloniki youth club for unesco

Educational Tool Template

Title + date + time + session developed by

Role-playing simulation activity:
"Social rights in times of economic crisis"
18/09/2014
Thessaloniki Youth Club for UNESCO

Aim(s)

Main aim of the educational tool developed was to expose the participants to different viewpoints and ways of thinking, concerning the situations given through the role-playing simulations. Another aim was the expansion of the participants' abilities to resolve situations in employment issues.

Target group and number of participants

Group of 15 young participants [18-30 years old].
Most of them were university graduates and unemployed.

Objectives

Upon the completion of the role-playing simulation exercise, the participants were expected to be able to:

- Understand the various roles of the stakeholders in the given scenarios [employer, job-seeker].
- Resolve arising real life issues, similar with those in the given scenarios.
- Acquire contextual understanding of the given issue and of the existing mechanisms that protect our social rights.

Methods and timetable

A role-playing simulation activity was implemented. The participants were divided into three groups. Each group received documentation and guidelines. The participants of each group were given a job contract. They have been asked to consider and elaborate on it. Moreover, they have been asked to define two participants of their respective group that would act as the employer and the future employee [job-seeker]. Then, each couple of employer and job-seeker had to play their roles in front of the participants. At the end of each group-simulation, a questions/answers session took place, for further elaboration of the issues concerned. A final discussion followed then, ended up in a fruitful debate on the topic.

Outcomes

Raising participants awareness; improve their knowledge about social rights; enhance their negotiating skills. The role-playing simulation exercise that was implemented is a learning tool for the participants both in a group and an individual level. The participants have learnt through their explorations and the viewpoints expressed.

Evaluation

The role-playing simulation exercise enabled the participants to start with answering the questions of the issue and helped them expand their knowledge on the issue of social rights focusing on the needs and priorities of young people.

The role-playing simulation exercise managed to transform the content of the educational and theoretical aspect of the seminar into a unique experience of direct training.

The participants were more actively involved, other than listening to lectures on the issue.



united societies of balkans

Educational Tool Template

Title + date + time + session developed by

Organize yourself, join forces, gain influence & power towards
nongovernmental democracy
Friday 19 September 2014
Christina Kontaxi

Aim(s)

Citizens familiarize and engage themselves with organized
community mission statements becoming volunteers and joining
in forces. Concurrently, networks, platforms and communities
in a voluntary coordination framework are common reality with
members NGOs and civil society initiatives. An example is the
Greek National Network of Anna Lindh Foundation. Platforms
of civil society actors supporting each other can increase
influence and improve policies leading to a more participatory
and democratic Europe. This non-governmental diplomacy is
increasingly gaining momentum and civil society voices are
finding articulation in various ways.
Its aim is to reinforce participants' skills as advocates, to
promote direct democracy and network NGOs and civil groups,
to support horizontal networks, helping to connect to others
at different levels.

Target group and number of participants

This workshop is suitable for youth people within civil society
organizations, nongovernmental organizations or on positions
that directly deal with civil society and NGO members. It is
also valuable for youth who take decisions to promote direct
democracy and network NGOs and civil groups, to support
horizontal networks, helping to connect to others at different
levels.
Group of 15 young participants [18-30 years old].
Most of them were university graduates and unemployed.

Objectives

Learning objectives are to get to know how networks and
platforms operate in the participants' countries and regions, to
reflect upon and evaluate on that, to create recommendations
on how it can be more directed towards "non-governmental
democracy", to explore the key challenges and possible solutions
for dealing with networks and platforms at different levels.

Methods and timetable

10:00 - 10:30 name game (who am I and what is my relationship with volunteering or active citizenship)
 10:30 - 11:30 "find myself" - enabling participants for volunteering and active participation. concepts and values of volunteering, developing awareness of personal attitudes towards volunteering and skill development, discussion and negotiation (from a number of promotional materials of organizations, people, programs and publications - books participants find some characteristic traits of it and match them to their own features).
 11:30 - 12:00 Coffee break
 12:00 - 12:30 volunteering and active citizenship - enable participants to volunteerism and active citizenship is, commonalities and differences comparing cases (from a number of questions asked, participants place themselves on what is and what not volunteerism is).
 12:30 - 13:30 the space of civil society (third space), creation of a map
 13:30 - 14:30 Lunch break
 14:30 - 15:30 networks and networking. Why and what is being accomplished? How networks and platforms work? how they can be strengthened and together be the solution? Means and Mechanisms of operating networks (presentation and discussion).
 15:30 - 16:30 "networks & I" famous quotes about the global significance of networks and networking. What? & Why? (from a number of quotes participant chooses what suits him most. Discussion and negotiation among the participants)
 16:30 - 17:00 the use of internet in organizations and networks (presentation and discussion)

Outcomes

Collaboration can be complex since it requires compromise, time, space and energy. At the same time it can also be immensely rewarding, including a way of spreading risk and enhancing voice; and also a way of each component doing what it does best, but collectively enhancing the whole.



active citizens laboratory

More time, More ideas

Due to luck of time, except the members who run workshops during the seminar, there were a few more that presented their activities and they gave their input.

ΕΠΙ ΣΚΟΠΟΝ

Epi Skopon was created by 4 political science students and now a pair is left to visualize the coming. Along of course with some 40 volunteers and lots of great partners. Or main and most of the time only sources of funding are self-financed projects on the cultural field or -fewer times- on youth and education. Sometimes cooperation with some coterminous Municipalities and for 2014 projects as part of "Thessaloniki: European Youth Capital 2014". "Epi Skopon" is a Cultural Organization based in

Thessaloniki aiming at the enrichment of the cultural program of the surrounding region with valuable and rare events across the spectrum of culture.

Bring young creators forward. Connect the youth with culture. Built structures and networks able to generate and sustain cultural development. •

www.episkopon.gr

"Public Organisation of Kavala City" 2003 (O.G.G.B' 1010/22.06.2003) and secondly of the merging and abolition of the existing Public Benefit Organizations of the Municipality of Kavala (O.G.G. B' 657/20.4.2011). – Dimofelia is responsible for the management of:

- Municipal Tourist Information Centre
- Municipal Training



Center

- Municipal Market
- Municipal Mud Baths
- Centre of Creative Activities of children with disabilities
- Castle of the Historic Town of Kavala
- Municipal Dance School – Dimofelia undertakes activities related to:
 - Sports (sports programmes for children & adults)
 - Cultural Tourism & cultural development – (organization of cultural seasonal or annual events)
 - International relations (Partnerships, Twin Cities, etc)
 - The preparation & implementation of National or European programmes
 - The implementation of Educational & training

programmes

- The implementation of programmes for children with disabilities
- The preparation & the implementation of National or European programmes
- The implementation of development projects (Greek Investment Law 3299/2004 etc)
- The utilization & the exploitation of real estate
- The management of the urban environment, the promotion of sustainable development & the environmental awareness. •

www.kavalagreece.gr



Club Serres for Unesco

Unesco is an NGO based in Serres, encompassing the main UNESCO values in promoting non formal education, awareness-raising for social and environmental issues, encouraging active citizenship and social entrepreneurship.

It is run by a 9-member Board which convenes on a monthly basis and changes on a bi-annual basis. The Board oversees the activities of more than 50 volunteers. There is no membership fee nor any sort of revenue for the organization, save from selected projects

proposals submitted for protection of nature and the protection of cultural heritage, organisation of camps of research and study, production of periodical form with informative documents., translation and/or adoption in the national and local languages of basic texts and documents of UNESCO and United Nations as well as youth exchanges, campaigns on International Days as they are nominated by the General Assembly of United Nations and the UNESCO, awareness-raising activities, promotion of EU identity, organization of seminars, trainings. youth empowerment. Basic documents of reference: The statute of "Club Serres for elementary education, United Nations, the Chart of Human Rights, the Statement for the Rights of Child etc Through our activities we provide support and know-how to local actors such as the Municipality of Serres, schools, academic institutes, the local Museum of Natural History, etc. •

www.serresforunesco.org

PARTICIPANTS AND THEIR IDEAS DURING THE ACIL SEMINAR

Kristina Gruodytė

U.S.B. volunteers met and interviewed the participants of the seminar in order to find out their background, motivation to join the activities of ACIL and their view on the concept of active citizenship.

To begin with, the background of participants varied from being students, teachers, job seekers and volunteers. On their free time, some of the participants support people with special needs, teach in a Roma community in Thessaloniki, are members of environmental groups, local government and so on. Regardless of the differences in their occupations or study fields, all participants had

a common willingness to join the seminar and share their views on the relevant topic, gain some knowledge or techniques and to apply them in a real life.

Moreover, most of the participants agreed that the concept of active citizenship is very important and that it is all about interconnection. According to Theodora, one of the participants, *"being an active citizen is having a critical mind and thinking about yourself (not in a selfish way) and, at the same time, doing something for someone else and for the society. I think we are all interconnected"*. Finally, all of the

participants expressed their intention of doing voluntary work and being active citizens in the future. By joining the seminar, they expected to hear new ideas, meet interesting people and make meaningful connections with non-governmental or non-profit organizations, all of it in order to improve their future activities regarding active citizenship. As the other participant Nikos said, *"the level of our life will improve if we all are active citizens"*. •



active citizens laboratory

General Evaluation

Aristodimos Paraschou

The evaluation at the end was very strong and positive. It was the first time when different organization collaborates to realize something in common the impact to the participants and the capacity that they gain was higher than the expectations and since September they are still active through social media, they cooperate among each other by organizing common activities or following new educational and volunteer activities.

During the national meeting of the network we had the chance to analyze this experience and to recognize it as good practice which

the network will include it to the plan of activities in the following years in regional level in order to activate the members, build the capacity of the volunteers and staff and to reinforce the collaboration between the members.

A special thanks to Mr. Stefanos Vallianatos, head of Hellenic ALF for his trust and support to U.S.B., to all the members of the network and volunteers of the members for their positive spirit of collaboration and to E.V.S. volunteers of U.S.B. for their work, without it we couldn't have this booklet. •

end ●

Active Citizens Laboratory

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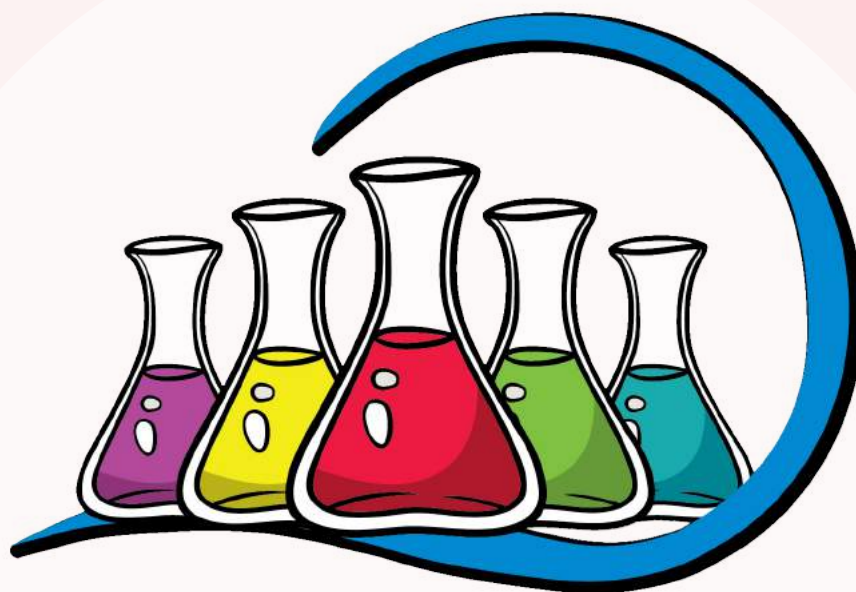
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September 2014



ACTIVE CITIZEN LABORATORY



Anna Lindh
Foundation
— EUROMED —



THESSALONIKI 2014
EUROPEAN YOUTH CAPITAL